



## ***WALK TO AFGHANISTAN/IRAQ PROGRAM***

**May** is National Health and Fitness month. Morale, Welfare and Recreation (MWR) Sports and Fitness at Ft. Richardson, Alaska would like to help you start a walking program for yourself at the same time support our troops in the war on terrorism.

### **Objective:**

1. Enhance physical fitness through leisure time activities and a change in lifestyle.
2. to enhance community esprit de corps
3. To enhance community readiness with physical activity.
4. Provide an enjoyable and challenging activity in a non competitive atmosphere.
5. Provide an activity to reduce stress and provide a support group during deployments.

**General:** This program is a voluntary activity designed to improve health and total well-being through physical activity. Participants may select any physical activity to include, but not limited to walking, running, biking or, swimming. Thirty minutes of physical activity = 2 miles on your journey to Afghanistan/Iraq. This program is self-directed and based on an honor system. Each member of a team maintains an accurate exercise training log which is provided by MWR Buckner Physical Fitness Center (BPFC) and returned to BPFC monthly via your Team Leader.

**Eligibility:** Anyone who is attached to supported units of Ft. Richardson and is the age of 6 years old and older. Extended family members are eligible for participation however they are not eligible for pedometers or any free give aways.

**Entry:** Individual or team participants must submit a completed registration/consent form to the BPFC thru-out the year located on 6<sup>th</sup> and D St. Ft. Richardson, Ak. 99505

**Team make up:** Teams will be squad to platoon size (6-20 team members.)

This program will be on going until May 07. Individuals or teams will have to accumulate approximately 4,772 miles to Afghanistan or 5,112 miles to Iraq. Your choice of walking distance. Bonus miles will be awarded if you visit any MWR facility. You will receive 1 mile per visit and up to 25 miles per quarter. Each individual or team will have to average 107 miles per week, 425 miles per month.

**Awards:** This event is non-competitive. Therefore there will be no awards given. During the year we will conduct walking & fitness events at which team members will receive recognition.

**Pedometer (a gadget that counts steps taken due to ambulatory activity.) Step Stats and Hints:**

*Stats:*

- Roughly 2,000 steps = 1 mile
- Walking is the world's most popular exercise
- You can take about 1,200 steps in only 10 minutes
- Walking uses nearly 200 muscles

-One city block = around 200 steps

**Hints:**

-Goal setting- a process of identifying a desired state or behavior (a step goal) that you can work towards.

-Track the number of steps you take each day (a baseline) in addition to any regular exercise.

-Wear your stepometer/pedometer from the beginning to the end of your day. Wear it while grocery shopping.

-Take the steps instead of the elevator.

-Park at the far end of the parking lot.

-Get out on Alaska's hiking trails. Check out Ft. Richardson's MWR Outdoor Recreation for organized hikes.

-Organize a walking group; identify your walking group with a name.

**Safety Recommendations:**

1. You should consult with your Primary Care Provider before starting a vigorous fitness program. If you are over 40; heart disease, high blood pressure, orthopedic or musculoskeletal problems, pregnancy; any physical disabilities or at high risk for other health issues.
2. Warm-up and cool-down during your exercise activity.
3. Wear proper and appropriate clothing and shoes for selected activity.
4. We recommend starting slow when starting any new fitness program. We recommend no more than 5 workouts per week. Make an appointment with one of our personal trainers for your personal needs and goals.
5. Eat a balanced diet (visit [mypyramide.gov](http://mypyramide.gov)) and drink plenty of fluids before, during and after your physical activity.

**Basic guidelines to start you on your journey:**

1. Teams are to be no less than 6 (squad size), no more than 20 (platoon size) members.
2. A squad or platoon leader must be established. The leader will be the point of contact for mileage submission, questions, concerns and information.
3. Minimum total of miles to be accumulated by each team is 4,772 miles.
4. No more than 5 work outs per week to be accrued. (train do not strain)
5. This is based on the honor system. Each participant must track and maintain an accurate exercise log. Participants can walk, run, swim, bike and do other physical activity. Swimmers can earn 2 miles for each 30 minutes of lap swim. For those that participate in other forms of physical activity 30 minutes = 2 miles.
6. Bonus miles can be earned when visiting any of our other MWR activities or programs. 1 mile per visit, per person or, 25 miles per quarter per person maximum. Team miles must be submitted by the squad or platoon leader to our fitness office each month. This can be done via email or in person.
7. All team members who complete their mileage goals will receive a commemorative t-shirt at the end of their journey.
8. Walking program can be started thru-out the year of 2006/07
9. For more information, contact the Fitness Office at BPFC 384-1305 or email [judy.larue@richardson.army.mil](mailto:judy.larue@richardson.army.mil)

**Where did Walk to Afghanistan/Iraq originate?**

The program was originally called "Walk to Iraq and Back" the program was spearheaded by 1<sup>st</sup> Infantry Division, Wuerzburg, Germany, and key staff, Ms Anna Courie, Health Promotion Coordinator, WMEDDAC/USCHPPMEUR. The Walk to Iraq and Back Program was designed to involve family members in a worthwhile and healthy activity while their loved ones deployed. West Point, New York had their version of "Walk to Iraq." Ft. Campbell,

Kentucky also has their version of WALK to IRAQ. Let's keep our soldiers and families in mind as we participate in our own version of Walk to Afghanistan/ Iraq. Happy trails to you.



**Walk to Afghanistan/Iraq Registration Form**

Print

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Work Telephone: \_\_\_\_\_ Enrollment Date: \_\_\_\_\_

Team Name: \_\_\_\_\_ Squad or Platoon Leaders Name:  
\_\_\_\_\_

Leaders Phone #: \_\_\_\_\_ Leaders E-mail address:  
\_\_\_\_\_

Military Unit: \_\_\_\_\_

